



The Journal

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Photo by Sharon Renee Taylor

From left, Liz Bassett, President of the Oakleaf Club, Walter Reed National Military Medical Center Commander Rear Adm. Alton L. Stocks, Judy Cassells of the Oakleaf Club, Ret. Rear Adm. Fred Sanford, and Maj. Brian Dix, Director of "The Commandant's Own," The United States Marine Drum and Bugle Corps admire the portrait "Corpsman Up: Battle of Ramadi," unveiled during a celebration honoring the 115th Birthday of the Navy Hospital Corpsmen.

Walter Reed Bethesda Celebrates 115th Birthday of Navy Hospital Corpsmen

By Sharon Renee Taylor
WRNMMC Journal staff writer

Service members at Walter Reed National Military Medical Center (WRNMMC) commemorated the 115-year legacy of Navy Hospital Corpsmen on June 17.

The medical center celebrated the birthday with tradition, cake and a portrait unveiling - all to the tune of the Corpsman's Anthem, performed by "The Commandant's Own," The United States Marine Drum and Bugle Corps. Cited for their dedication to duty, selfless service and professionalism, WRNMMC Commander, Rear Adm. Alton L. Stocks,

asked hospital corpsmen to stay vigilant, committed to one another, as well as uphold the values and principles that have defined their past and will forge their future.

"I am extremely proud of each and every one of you for answering the call to duty and for your selfless service," Stocks said. Master Chief Petty Officer of the Navy Michael Stevens and WRNMMC Command Master Chief Terry Prince pinned Stocks an Honorary Master Chief Petty Officer during the celebration.

The celebration also included a performance by the drum and bugle corps, a march entitled "Corps-

man Up." Inspired by the heroic actions of two Navy Corpsmen who, despite their own severe injuries, treated and saved the lives of many wounded Marines in Iraq. U.S. Marine Drum and Bugle Corps Director Maj. Brian Dix composed the anthem to honor all Navy Hospital Corpsmen for their acts of valor on and off the battlefield. Dix created a melody based on the 120-beats per minute of the natural heart beat at rest - what he called the "pulse" of his song.

"You can't replace a Navy Corpsman," Dix said. "You can't."

Officials at the birthday celebration unveiled "Corpsman Up: Battle

of Ramadi," a painting by military artist Todd Krasovetz of San Diego, Calif. The painting depicts members of the drum and bugle corps, Hospital Corpsmen, along with wounded Marines. The portrait honors all Navy Corpsmen.

The June 17 observance concluded with the traditional cake cutting. Representing the youngest and oldest Hospital Corpsman at Walter Reed Bethesda, Hospitalman Bryson Hewins and Chief Hospital Corpsman Gerardo Delacruz cut the Hospital Corpsman Birthday Cake honoring 115 years of the Corpsmen's legacy.

Commander's Column

Next week, on the Fourth of July, many of us will spend time surrounded by friends and loved ones, celebrating at cookouts, parades and festivals. I hope you all will have an opportunity to relax and have fun, and also remember why we're able to enjoy this and other celebrations - it's because of those courageous men and women who fought for our freedom, and continue to answer the call of freedom from shore to shore.

Since the American Revolution, we have fought numerous battles and lost many brave men and women, in pursuit of freedom. These inspiring warriors put their lives on the line to ensure our liberties, leaving behind dedicated love ones and friends, who fill in the gap and lend their steadfast support to those who gallantly serve on the front lines.

As you enjoy this joyous holiday, please do so with safety in mind. If fireworks are part of your traditional celebration, I encourage you to attend public displays with trained professionals. If cook-outs or water activities are also part of your plans, please be mindful of



potential fire hazards and remember to never swim alone. Also, if you sail, ensure everyone is wearing a life preserver and as always, if you plan to drink please do so responsibly.

This is the time of year when temperatures are on the rise, as we've witnessed over the past few days, please

protect yourself from the sun, wearing sunscreen with at least an SPF 30, breathable, light-colored clothes and stay hydrated. Also, look out for one another, especially elderly and children.

Again, I hope you are able to take time to enjoy yourselves next week, on the Fourth of July. I'm thankful for your dedication and commitment and wish you a safe and pleasant holiday. To those who are deployed and serving in harm's way, answering freedom's call, I pray for a speedy, safe return. What each and every one of you do in service to your country matters.

**Commander sends
Rear Adm. Alton L. Stocks
MC, USN
Walter Reed National
Military Medical Center**

Bethesda Notebook

America Pharmacy Closing Early Today, Hours to Change

The America Pharmacy will close early today to allow staff to participate in safety training. As of Saturday, June 29, WRNMMC Pharmacies will no longer be open on Saturdays. Both the Arrowhead Pharmacy and the Drive Thru Refill Pickup Point will be closed on all Saturdays. Starting Monday, July 1, the Arrowhead Pharmacy's hours will be Monday through Friday, 8 a.m. to 7 p.m., and the America Pharmacy's hours will be Monday through Friday, 7 a.m. to 6 p.m. The Drive-thru Refill Pickup Point will be open Monday through Friday, 8 a.m. to 6 p.m., and closed Saturdays. The Pharmacy will continue to provide 24/7 support for the Emergency Room and for all hospitalized patients. All Pharmacies will be closed on the Fourth of July. On Friday, July 5, the America Pharmacy will be closed, but the Arrowhead Pharmacy in Building 9 and the Drive-thru Refill Pick-up location will be open from 8 a.m. to 4 p.m. On Saturday and Sunday, July 6-7, all Pharmacy locations will be closed. For questions about Pharmacy Services, call the Pharmacy Call Center at 301-295-2123.

America Garden Circle Ceremony

A ceremony dedicating the America Garden, in front of the America Building, is scheduled for 9 a.m. June 28. The garden is designed to offer patients, visitors and staff another place on base for healing and reflection, and provide a historical perspective of Walter Reed National Military Medical Center.

Ask Your Leadership

Ask Your Leadership is a new staff communication tool for you to view and post questions or comments for official responses from the Walter Reed Bethesda command leadership. The tool is on the WRB Intranet page. Click on the Town Hall/Leadership Forum icon, and then click on Ask Your Leadership.

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Walter Reed Bethesda Celebrates First Pride Month

By Mass Communication
Specialist 2nd Class
Nathan Parde
NSAB Public Affairs
staff writer

Hundreds of service members, hospital staff and patients stopped by Walter Reed Bethesda's first Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month Coffee Social June 20 to show support and learn more about associated topics.

"For more than two centuries, our Nation has struggled to transform the ideals of liberty and equality from founding promise into lasting reality," said President Barack Obama in a Pride Month proclamation this year. "LGBT Americans and their allies have been hard at work on the next great chapter of that history - from the patrons of The Stonewall Inn who sparked a movement, to service members who can finally be honest about who they love, to brave young people who come out and speak out every day."

Hospitalman Christopher Lounsbury of Walter Reed Bethesda's Ophthalmology Clinic, a member of the Bethesda Multicultural Committee, said the event was a first for the hospital.

"I've been a member of the Multicultural Committee for six months now. This is one of my favorite events we've done because it's something that people don't talk about too much, as it involves people's personal lives," said Lounsbury. "But, to see the turnout and people showing support today ... I think this is a milestone for the hospital."

Machinist Mate 1st Class Jessica Lightcap of Walter Reed Bethesda's Facilities Department said she first heard about the coffee social as she was walking from morning colors and discussing her recent frocking (promotion) ceremony.

"We were talking about how I had introduced my master chief to my fiancé at my frocking, and that was big for me," she explained. "My master chief reacted very well. My family was there, and I introduced my mom, my sister and my fiancé."

Lightcap said she was openly gay before enlisting in the Navy, but had to mask it under the former policy of Don't Ask, Don't Tell. When she reported to Walter Reed Bethesda two years ago, she said it was under a very different set of circumstances.

"To tell you the truth, I couldn't have seen this day coming," she said. "You could see that there were a vast number of gay and lesbian members in the military. And I was very 'out' when I joined the military, so I went into the military with the stigma that I couldn't be myself - I kind of had to hide it. And then, as the years progressed, and now I see how people react to it today ... it's a whole



Photo by Mass Communication Specialist 2nd Class Nathan Parde

Service members, staff and visitors stop by informational booths at Walter Reed Bethesda's first Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month Coffee Social June 20.

new feeling. You actually have people to talk to who may share some of the same situations, and it's nice to know that."

Gary Espinas, representing the LGBT group OutServe-SLDN, hosted an information booth at the coffee social and said he has watched the culture of the U.S. military change over the last few years to one that fully accepts LGBT service members.

"It's been extremely exciting," said Espinas. "The turnout here at the event has been overwhelming. What's been really terrific to see has been the show of support from the senior leadership of Walter Reed at this event. Also, the kinds of questions that people have been asking and the kinds of comments that we have heard have been absolutely terrific."

Espinas, a veteran of the U.S. Army, added about half of the active duty service members who are a member of OutServe-SLDN are still in the closet, and this is the kind of visible support they need.

"The whole community across the LGBT spectrum need to see that they are not alone, that people support them and that we can come together at events like Pride and celebrate who we are, and celebrate the fact that LGBT service members are part of the narrative of military service," he said.

For more information about the Bethesda Multicultural Committee and upcoming events, contact Sgt. 1st Class Jason Zielske at 301-400-3542.

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Brain Tissue Repository in Bethesda is First of its Kind

By Jeremy K. Johnson
NSAB Public Affairs
staff writer

In a press release issued earlier this month, the Department of Defense announced that it has established the world's first brain tissue repository to help researchers understand the underlying mechanisms of traumatic brain injury (TBI) in service members.

The release says the Center for Neuroscience and Regenerative Medicine Brain Tissue Repository for Traumatic Brain Injury was established at the Uniform Services University of the Health Sciences in Bethesda, Md., with a multi-year grant from the U.S. Army Medical Research and Materiel Command, to advance the understanding and treatment of TBI in service members.

Dr. Jonathan Woodson, assistant secretary of defense (health affairs) and director, TRICARE Management Activity, explained why the establishment was so important. "We have been at war for more than a decade and our men and women have sacrificed," he said. "The military health care system is bringing all the resources it can to better understand how to prevent, diagnose and treat traumatic brain injuries and to ensure that service members have productive and long, quality lives. Our research efforts and treatment protocols are all geared toward improving care for these victims. And that will have benefits to the American public, at large."

Neuropathologist and Director of the Brain Tissue Repository Dr. Daniel Perl said Bethesda was an ideal location for several reasons, including his own involvement. "The advantages are you have somebody who has over 30 years of experience doing this kind of work who is working right here. We have the resources here in

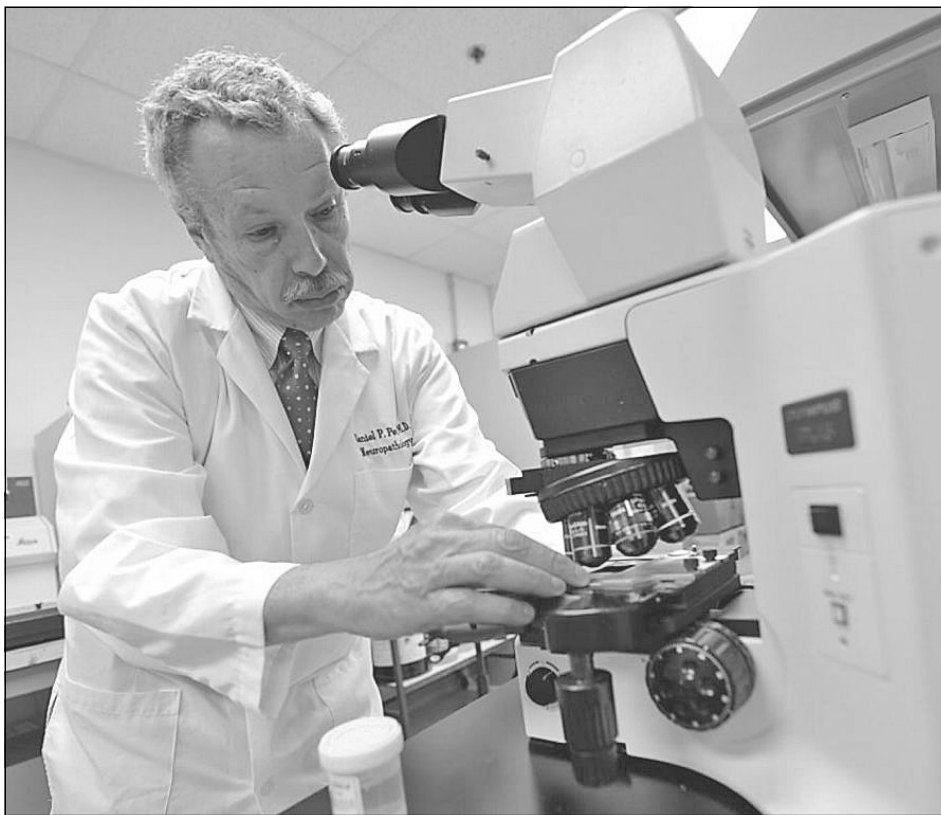


Photo by Jeremy K. Johnson

Dr. Daniel Perl, a neuropathologist and director of the brain tissue repository for traumatic brain injury (TBI), uses a microscope and sample brain tissue from a rat to demonstrate one of the research techniques that will be used when examining samples of human brain tissue affected by TBI. The establishment of the repository, located at the Uniformed Services University of the Health Sciences, is the first of its kind.

order to do this; we've used a lot of resources from the Center for Neuroscience and Regenerative Medicine. We have a significant grant from the Army Medical Research and Materiel Command. So," he continued, "we have the expertise and we have the resources, and I think it's important that we do it within the context of the military, as opposed to being outside of the military."

In addition to being a military-run program, the proximity to Walter Reed National Military Medical Center and multiple wounded war-

rrior programs also made the choice of location a smart one, he said. "One of the things we're particularly interested in is access to medical records in terms of what the individuals have been suffering from, their experiences in combat, things like that."

Perl said before samples are taken from donated tissue, an electronic scan is performed and recorded. "This way we can compare them with scans of living patients."

Before the research can truly begin, however, the repository's team of nine employees must work to build the col-

lection, something that could take a while.

"We've set up a state-of-the-art facility to do this and it's all being done under the oversight of the military," he said, "but our research timeline depends on donations. We'd like to have a couple hundred samples. If we could do that, I think significant progress could be made within two to five years. There's no guarantee, but it's possible."

The challenge, he professed, begins with getting those tissue samples.

"In order to obtain the tissues, people have to die, that's just the reality of the situation. We need to receive consent from the next of kin for [donations to be used in] this research," said Perl.

As tough as the decision is, he says there is definitely a pay off from the selflessness involved. "The reason we know about things like Parkinson's and Alzheimer's is because of contributions made by families who wanted to make a contribution in terms of understanding the disease that their loved one has suffered from. We want to get the word out to individuals and their families, in hopes they'll find that they can make a contribution."

He clarified that that it isn't just those who have suffered from TBI or disease who can donate, but also those who have been deployed and have returned without a brain injury. "We're interested in getting healthy tissue as well so we have something to compare the other samples to," Perl said.

"And these tissues are not just for the TBR. They will be available and shared with other researchers as long as they apply for them and we determine the research is viable."

For further information on donating to the brain tissue repository for traumatic brain injury, please contact the repository team at CNRM-TBI@usuhs.edu or 855-DON-8TBI (855-366-8824).

Murtha Center Hosts First Cancer Awareness Day

By Bernard S. Little
WRNMMC Journal
staff writer

With tear-filled eyes, Marleny Oneto, Air Force Lt. Col. Corea Smith and Dr. John E. McManigle spoke with emotion when discussing their battles with cancer during the first Cancer Awareness Day at Walter Reed National Military Medical Center (WRNMMC) Monday.

"I hope my history will provide strength and hope [to those who hear it]," Oneto said. An ovarian cancer survivor, Oneto added, "My inspiration comes from my father, who was diagnosed with stomach cancer and

survived for 33 years. I enjoy living my life every single day."

Diagnosed in 2009, Oneto received her initial care at the former Walter Reed Army Medical Center before it integrated with the National Naval Medical Center in 2011 to form WRNMMC. "I wasn't able to work for six months and lost 20 pounds, but I gained it back again, and here I am!"

Oneto recalled the loss of her "long, beautiful black hair" because of chemotherapy, "but the hospital provided me a beautiful wig and supported me for what followed. I was determined not to give up." Her care has continued at WRNMMC.

"These last four years I have felt

like I have been under a microscope with all [the treatments], but I haven't lost anything," Oneto continued. "I have gained four more years of life, to work, and enjoy my family and my friends."

I am a very positive woman and will not give up. Nothing will stop me from surviving except myself."

Concluding her remarks, Oneto echoed many of the speakers during Monday's event, saying, "We need to work together to detect cancer early." Other speakers included not only cancer survivors, but also doctors, nurses, researchers, social workers and others involved in the detection and treatment of cancers.

A wife, mother of three daughters, military lawyer and breast cancer survivor, Smith donned the pink wig she wore during chemo for her presentation at Monday's program. "I embraced bald during chemo, but my kids were terrified." She said she wore the wig, and her dad, who traveled from North Carolina to support her through her care, wore a pink boa to ease the stress.

"The four words - 'You have breast cancer,' are life changing," Smith added. "When you're 38, you're thinking, 'No, it's not me.'"

Smith said she appreciates the

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Safety Key to Fun in the Sun

By Sarah Marshall
WRNMMC Journal staff writer

Summer is officially here and doctors at Walter Reed Bethesda urge staff and patients to keep sun safety in mind while enjoying the warmer weather.

Skin cancer is the most common form of all cancers, accounting for nearly half of all cancers in the U.S., according to Army Maj. (Dr.) Max Gratrix, a staff dermatologist at Walter Reed National Military Medical Center (WRNMMC). In 2013, the most severe type of skin cancer, melanoma, will account for more than 76,600 cases, he added.

“The best way to lower the risk of skin cancer is to avoid long exposure to intense sunlight and practice sun safety,” Gratrix said, since the most common cause of skin cancer is sun exposure.

The dermatologist suggests avoiding direct sun exposure between 10 a.m. and about 4 p.m., when the sun’s rays are the most intense and harmful. One way to determine when the sun’s rays are at the strongest is to take note of your shadow: if it’s shorter than you, the sun’s rays are the strongest, he explained, and that’s when

it’s best to avoid prolonged exposure.

Regardless of what time of day you’re outside - and whether it’s warm, cool or cloudy - sunscreen should always be worn, said Cmdr. (Dr.) Adam Saperstein, a Family Medicine practitioner at the Uniformed Services University of the Health Sciences. Additionally, sunscreen should be applied every two to three hours, even if it’s a sport or “anti-sweat” type, and it should offer UVA and UVB protection, since both types of the sun’s rays can cause cancer, he said.

Both doctors recommend using a sunscreen with a Sun Protection Factor (SPF) of at least 30. This level of protection will cover 97 percent of the sun’s rays, they said. Saperstein added sunscreens with an SPF of 50 or greater, do not offer significantly greater coverage. When it comes to the price tag, he said sunscreen doesn’t have to be expensive to mean it’s “better,” which is often a misconception. “The worst sun screen you can buy is the one you don’t put on,” Saperstein said.

Pick a type that works best for you and your children, and be sure

See SAFETY page 10



Courtesy Photo

Summer is officially here and doctors at Walter Reed Bethesda urge staff and patients to keep sun safety in mind while enjoying the warmer weather.

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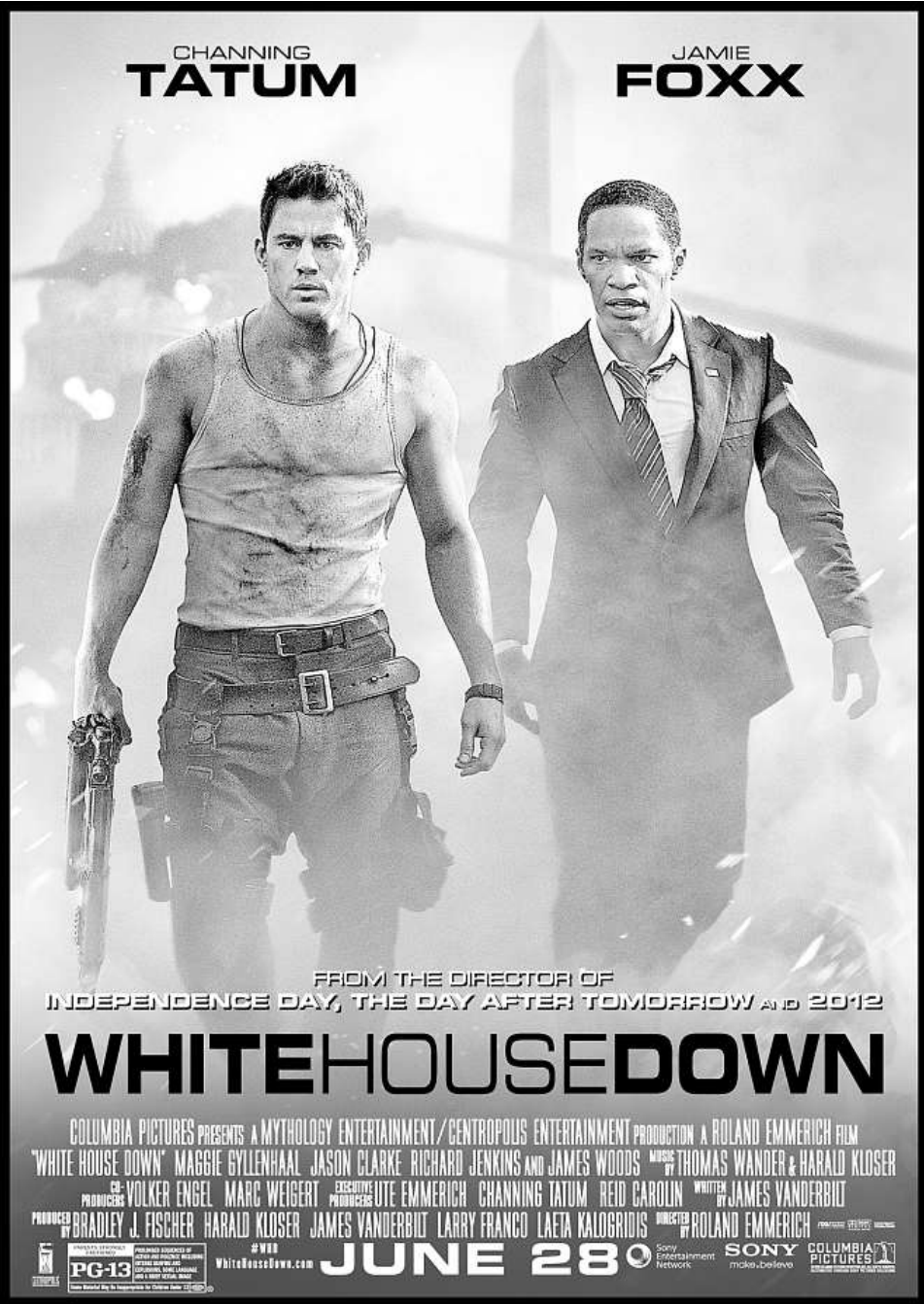
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Naval Postgraduate Dental School Holds Graduation

By Cynthia Hilsinger
Navy Medicine
Professional
Development Center

Navy Medicine Professional Development Center (NMPDC) graduated 20 residents from the Naval Postgraduate Dental School (NPDS) June 21 during a ceremony held in Memorial Auditorium.

The graduates completed academically and clinically rigorous residency programs spread across Periodontics, Prosthodontics, Oral and Maxillofacial Pathology, Comprehensive Dentistry Endodontics, a one-year Fellowship in Maxillofacial Prosthetics, and a one-year Advanced Education in General Dentistry.

In addition, 16 residents earned a Master's Degree in Oral Biology from the Uniformed Services University of Health Sciences (USUHS).

The graduates competed in a research symposium required of their programs and were kept in suspense until the graduation ceremony. "The announcement of the winners of the research symposium competition is a surprise," said Associate Dean of NPDS Capt. Sean Meehan.

The winner of this year's competition was Lt. Gregory Gittleman, taking the International College of Dentists Award for Research. This



Photo by Hospital Corpsman 3rd Class Darrell Mayberry

The graduated Class of 2013 Naval Postgraduate Dental School is presented to the audience after receiving their degrees and certificates at Memorial Auditorium on board Naval Support Activity Bethesda June 21.

award recognizes the graduating resident who advanced the science of dentistry by a significant research contribution.

"I was very appreciative of all the support. It was two years of hard work and I am very thankful to all the staff for the support," said Gittleman. The second place award went to Lt. Katherine Cheng and the third place award went to Cmdr. Jay Geistkemper.

Two additional awards were presented at the ceremony. The Dean's Award

for Excellence was given to Cmdr. Karen Stokes in recognition of a first year resident who excelled above and beyond the performance of her classmates. The Chief of Navy Dental Corps Award for Excellence was given to Lt. Gittleman, in recognition of a graduating resident who excelled as a military officer and health care professional. "I was incredibly surprised. It was very humbling and again I was very honored and thankful," said Gittleman responding to the question as if he was surprised to

receive both awards.

Additional awards granted from NPDS are the Civism Award given to Melissa Sharp, an award presented to a civilian who consistently made significant contributions to the education programs at NPDS. The Faculty Award given to Capt. John Mumford for providing outstanding academic support to NPDS residents.

Presenting the degrees and certificates were Executive Assistant to the Surgeon General of the Navy Capt. Stephen Pachuta, Senior Vice

President for University Programs Executive Dean of the Postgraduate Dental College USUHS Dr. Patrick Sculley, and Commanding Officer NMPDC Capt. Carey Sill.

Naval Postgraduate Dental School is the only DoD-centralized site for postgraduate dental education and conducts dental specialty training in their clinics located at Naval Support Activity Bethesda. All specialty training programs at NPDS are fully accredited by the Commission on Dental Accreditation, and graduate between 20-25 dental officers per year with specialty board eligible training in Endodontics, Periodontics, Prosthodontics, Orofacial Pain, Oral and Maxillofacial Pathology, Dental Public Health, and Comprehensive Dentistry.

Navy Medicine Professional Development Center is part of the Navy Medicine team, a global healthcare network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

For more information about NMPDC, visit <http://www.med.navy.mil/sites/navmed-mpte/Pages/default.aspx>.

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research that has been done into cancer detection and its treatment. "[When you're a patient], you want the expertise, excellence and research, which she said is found at Walter Reed Bethesda in the John P. Murtha Cancer Center, the Department of Defense only Cancer Center of Excellence dedicated in December 2012.

Diagnosed on October 2011, Smith said following a series of surgeries and treatments, she ran her "come-back half marathon" in March, and had reconstructive surgery three weeks ago.

"There are days when I wake up and think, 'Boy, I'm supposed to be 40 and I feel

like I'm 60," Smith said. But she added, throughout her journey, she has been thankful for the support she has received from other young cancer survivors and the care at Walter Reed Bethesda.

"I need to be here for my daughters, to see their graduations, to see them get married, and to see them have children," said the breast cancer survivor.

McManigle, the acting dean of the F. Edward Herbert School of Medicine at the Uniformed Services University of the Health Sciences, explained how he went through surgery to remove a mass; laid in the hospital bed when the surgeon came in shortly thereafter to discuss further treatment; sat in the chemotherapy chair and went through its side effects, like the patients he has treated. "Now, I'm in the

recovery phase and living life to the fullest."

A retired Air Force colonel, McManigle praised the efforts of the Murtha Cancer Center to bring together the expertise of "a powerful team" to provide hope, care and healing to cancer patients, while continuing to seek discoveries into the causes, detection and treatment of cancers.

"Expertise, healing, discovery, hope and caring; if we get these right, the Murtha Cancer Center will truly be the crown jewel in the Military Healthcare System, and a fitting legacy for Congressman John Murtha," McManigle said.

Col. Craig D. Shriver, director of the John P. Murtha Cancer Center, explained the center's mission is to "improve the diagnosis and multidisciplinary treatment of cancer patients through

innovative clinical care, research and education. We partner across federal agencies to harness our combined power and resources for the benefit of our patients and the wider public health and welfare." The Murtha Cancer Center includes Medical Oncology, Center for Prostate Disease Research, Gynecological (GYN) Cancer Center, Breast Care and Imaging Center, Surgical Oncology, and Pediatrics Hematology and Oncology.

Keynote speaker at the symposium, Dr. Lee J. Helman, discussed "Cancer Research in the Next Decade." The scientific director for clinical research at the Center for Cancer Research, National Cancer Institute, explained that molecular approaches have become part of the standard of care in the management of cancer patients. He added molecular

approaches are now included in the diagnosis, prognosis, and selection of patients for specific therapies.

Helman said because of a growing understanding of molecular cancer biology, there's been greater clinical application of molecular medicine. "That is moving us from grouping diseases of cancer necessarily by organ site, to being able to subgroup cancers by molecular biologic classification. We're moving from uniformed treatment to individualized treatment [precision medicine]."

"Hopefully in the future, we'll go from retrospectively diagnosing disease to prospectively identifying those at risk and preventing cancer at the earliest stages, and also moving from acute care to early detection," Helman added.

Resiliency Week Focuses on Coping Services Available at Walter Reed Bethesda

By Cat DeBinder
WRNMMC Journal
staff writer

Do you know how resilient you are?

According to the Webster's dictionary, resiliency is the ability to bounce or spring back into shape after being stretched, bent or compressed. It is also defined as the ability to readily recover from illness and other adversity.

Recognizing the importance of resiliency in the work place and at home, the Walter Reed National Military Medical Center's (WRNMMC) Behavior Health Directorate hosted "Resiliency Week" June 17-22. The initiative included five full days of activities designed to enhance the understanding and practice of resiliency techniques.

"Resiliency is the ability to bounce back from adversity," said Staff Sgt. Fallon Mitchell, noncommissioned officer-in-charge in the Behavior Health Directorate. The staff sergeant explained the purpose of Resiliency Week is to promote health wellness, identify how resiliency works, and share ideas on how to better cope with life's challenges.



Photo by Cat DeBinder

Staff, patients and visitors were able to get a chair massage during Resiliency Week activities at Walter Reed Bethesda recently.

"We're trying to empower people to adopt and maintain a positive outlook and be resilient, and to find a solution

for problem issues instead of remaining negative about them," Mitchell said. "We're also trying to teach self-care

and help prevent staff burn-out," the Non-commissioned Officer in charge added.

Resiliency Week was the brainchild of Resiliency and Psychological Health Services of Behavior Health at Walter Reed Bethesda. The service exists to improve morale, increase staff performance and productivity, decrease absences, improve quality of work, create a healthier work environment and enhance unit cohesion via teambuilding, according to staff officials. Their mission is to foster an environment of recovery, growth and adaptation under challenging circumstances through programs and services that promote health and wellness.

Last week's activities included speakers and workshops to help attendees build their resiliency and decrease stress. Included in interactive activities were a humor workshop, nutrition and exercise information, stress reduction puzzles, chair massage therapy, body fat analysis, yoga classes, and creative arts workshops.

Ermyrn King, a program coordinator for the Creative Arts Program at WRNMMC, held a session for exploring hand labyrinths, puppetry, water painting and paper

marbling during the week's events. She also offered a relaxing rhythm jam and sound stories workshop. Using a variety of musical instruments and sound makers from around the world, she demonstrated how different sounds can stimulate and accompany personal stories and narratives.

Cmdr. Dwayne Buckingham, a staff psychologist and service chief of the Resiliency and Psychological Health Services at Walter Reed Bethesda, helped coordinate the event. He explained, "organizational resiliency is a byproduct of individual resiliency," and more events will be held in the future.

"The event was extremely successful as reflected by the active participation of over 1,000 staff members," added Lt. Cmdr. Michelle Tsai, clinical psychologist and assistant service chief of Resiliency and Psychological Health. "The feedback we received from the staff members included, 'More of it,' 'More often,' 'This is excellent,' 'Doing great,' 'Keep it up!' and 'Wonderful events.'"

For more information about resiliency services at Walter Reed Bethesda, call Cmdr. Dwayne Buckingham at 301-319-4223.

Sexual Assault Prevention, Response Training Continues

By Bernard S. Little
WRNMMC Journal
staff writer

Sexual Assault Prevention and Response (SAPR) stand down continued at Walter Reed National Military Medical Center (WRNMMC) and Naval Support Activity Bethesda (NSAB) last week, Monday and Tuesday.

The intent of the stand down is "to ensure all personnel at WRNMMC and NSAB understand they are accountable for fostering a climate where sexist behaviors, sexual harassment, and sexual assault are not tolerated, condoned or ignored," explained WRNMMC Commander, Rear Adm. Alton L. Stocks, and WRNMMC Command Master Chief Terry Prince, who led the stand down in the Memorial and Clark Auditoriums at the medical center.

Emphasizing the importance of the stand down

and SAPR, the admiral said President Barack Obama discussed sexual assault in the military during his commencement address at the Naval Academy last month, calling it a crime which harms individuals, as well as the military as a whole.

"We must acknowledge that even here, even in our military, we've seen how the misconduct of some can have effects that ripple far and wide," President Obama said in his speech. "In our digital age, a single image from the battlefield of troops falling short of their standards can go viral and endanger our forces and undermine our efforts to achieve security and peace. Likewise, those who commit sexual assault are not only committing a crime, they threaten the trust and discipline that make our military strong. That's why we have to be determined to stop these crimes, because they've got no place in the



Photo by Bernard S. Little

Walter Reed National Military Medical Center (WRNMMC) Command Master Chief Terry Prince explains a list of practices and behaviors Walter Reed Bethesda staff members came up with to avoid sexual misconduct and decrease the risk of being sexually harassed and assaulted during sexual assault prevention and response training at Walter Reed Bethesda on June 20.

greatest military on Earth."

In a video message from Secretary of the Navy Ray Mabus shown at the stand down, he said, "Every day, men and women raise their right hand

[vowing to] protect the Constitution of the United States. Every day, mothers and fathers trust their children to our leadership. They do so knowing they will face cer-

tain risks — combat, dangers at sea, hazardous operations, but none of them expect the dangers to come from other Sailors and Marines. We owe our Sailors, Marines and the American people a solution to the sexual assault problem in our ranks. It's a very real problem and presents a clear danger to the very foundation of our [military] culture. We can repeat that there is zero tolerance; however, as leaders, our actions have to match the words in our commitment to prevent these crimes from ever taking place."

Stocks stressed, "We are all leaders, from the junior seaman to the most senior admiral, E-1 to O-10, each one of us must own this problem. If we are not part of the solution, we are part of the problem."

During the SAPR stand down, discussion also fo-

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Men Encouraged to Live a Healthier Lifestyle During Men's Health Month

By Mass Communication Specialist 3rd Class Brandon Williams-Church
NSAB Public Affairs staff writer

Being in shape and aware of the risks of living an unhealthy lifestyle have gained mass attention in recent years. The health of men and women are constantly facing new studies and turn to information on what it is to be healthy. According to the National Institutes of Health (NIH), the life-expectancy gap between men and women has decreased, and that men still need to pay more attention to their bodies.

Helping with the education of maintaining a healthy lifestyle, Congress has designated the month of June as Men's Health Month.

Compared to women, men are more likely to smoke and drink, make unhealthy or risky choices and put off regular checkups and medical care, said the Department of Health and Human Services (HHS).

"Watching our health is important to any fitness goal we may have," said Command Fitness Leader Master-At-Arms 1st Class Michael Gamba. "Our overall health affects our performance and if we are not 100 percent then it is safe to say our fitness



Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

A group of service members participate in a pick-up game of basketball at Building 17's Fitness Center Gymnasium on June 25.

levels will not be either. They go hand in hand. You could not expect your body to perform at a top level if you are not taking care of yourself."

The National Library of Medicine says there are health conditions that only affect men, such as prostate and colon cancer, heart disease and low testosterone.

"Men face a lot of different health risks," said Bryan Jackson, fitness/aquatics manager and head trainer at Building 17's Fitness Center. "A

lot of it is relative to genetics. Once men get into their middle ages, they have a tendency to pick up weight. A lot of times they are office workers and are sedentary, so that lifestyle puts them at risk for high blood pressure and heart issues. With families and work we see more men getting disassociated with activities. Being disassociated with those activities and the body being de conditioned, they face a greater risk of injury."

Maintaining a healthy lifestyle by

having a nutritious diet and getting regular physical activity into the daily routine can help lower blood pressure, blood sugar, cholesterol and your weight according to HHS.

"Keeping track of your health by getting regular checkups, keeping an eye on what you eat and asking yourself are you really active those are the biggest things," said Jackson. "When you don't track what you do, that's the easiest thing to get away from. If you are tracking your health or trying to improve your health, a simple thing is eating a healthier breakfast, being more active and getting outside more if your lifestyle affords you to do so."

Men's Health Magazine encourages men to eat foods that are rich in protein, omega-3s, pro-biotics, anti-oxidants, carotenoids, fiber and vitamins A, B, C and D. Having a diet that contains fish, spinach, yogurt, nuts, fruits, vegetables and beans will help males maintain the healthy intake necessary to live an active life.

"When it comes to healthy diets everybody is different and every man has different goals physically," said Gamba. "A diet for someone who is 40 and is looking to increase mus-

See **HEALTHY** page 10

At ease.

A black and white photograph of a man in a military uniform, wearing a white sailor's cap, saluting with his right hand. A young child is standing in front of him, looking up at him. The image has a soft, ethereal quality with some light effects around the figures.

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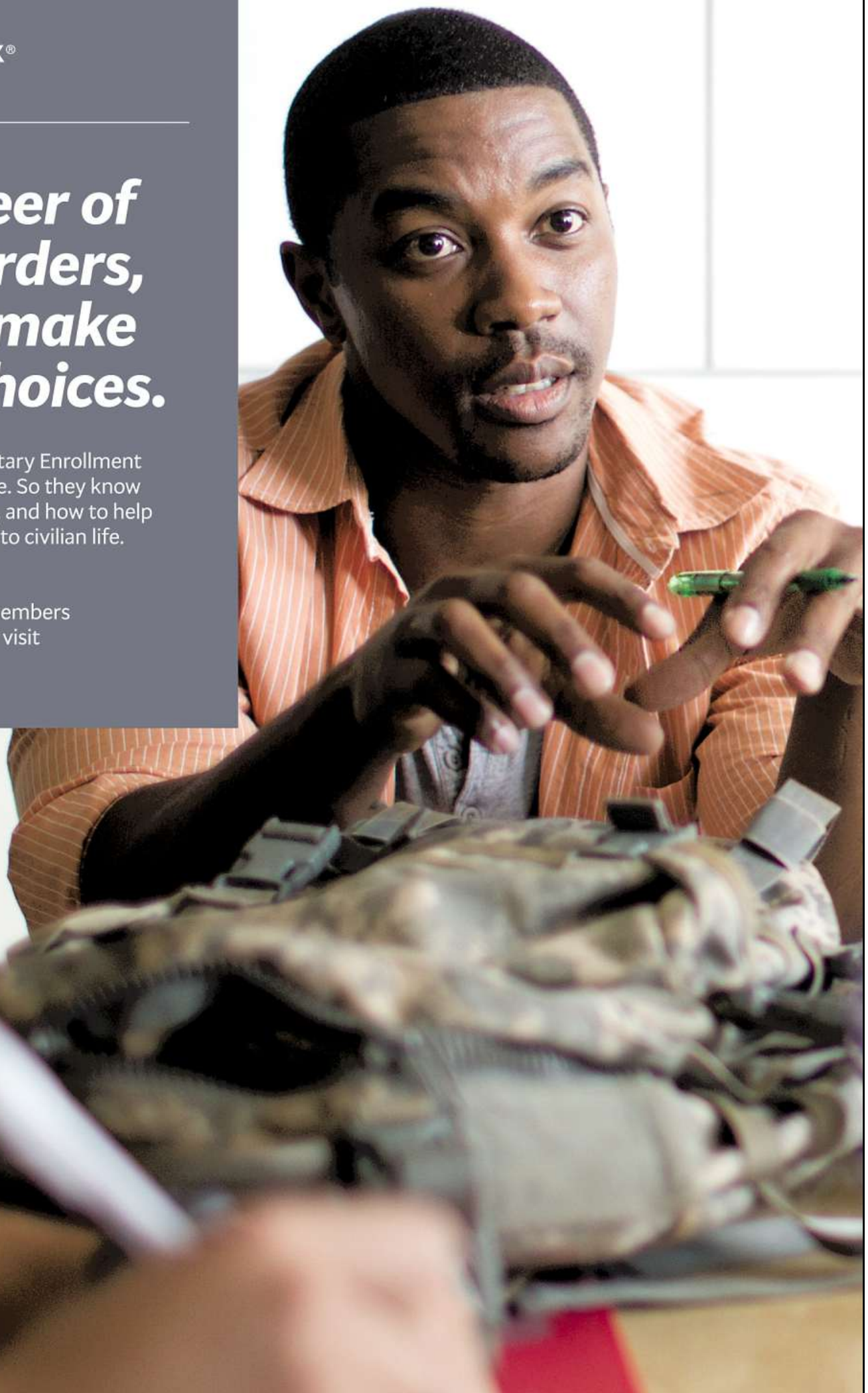
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SAFETY

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to apply it at least 30 minutes before sun exposure so it has time to absorb, Gratrix added. He went on to note certain clothing can also offer protection from the sun.

“Choose comfortable clothes made of tightly woven fabrics that you cannot see through when held up to the light,” Gratrix said. It’s also important to make sure the fabric is light, and breathable, during warmer weather to avoid overheating, he said.

Wearing a wide-brimmed hat can also offer additional protection from the sun, so can sun glasses with 100 percent UVA and UVB absorption, to protect the eyes and surrounding skin, Gratrix added.

Everyone should follow these precautions, regardless of age, race, gender or skin type, the dermatologist continued. He also urges individuals to know the signs of skin cancer: a mole or skin lesion that looks different from the rest, or is changing in size, shape or color.

The most common type of skin cancer is basal cell carcinoma (BCC), which often looks like a flesh-colored bump, while squa-

mous cell carcinoma (SCC) can appear as a firm bump, scaly patch or ulcer. Early treatment, and skin exams, can help prevent both BCC and SCC from spreading to other areas of the body, he said. Melanoma, the most severe form of skin cancer, also has a high cure rate when detected early. It often appears as a mole or a new dark spot on the skin. More than 8,500 Americans die every year from melanoma, making it the deadliest form of skin cancer, according to the American Academy of Dermatology (AAD).

Gratrix went on to note, those with a family history of skin cancer, sunburns, or scarring caused by a disease or burn, should take extra precaution, as these factors may increase their risk for skin cancer. The dermatologist added tanning beds are never a “safe” alternative to the sun, and can also increase the risk for skin cancer.

Saperstein added people should not try to avoid the outdoors or fear the sun altogether since it has its benefits, like providing vitamin D. Gratrix agreed, stating sun exposure should always be in moderation. “You can still enjoy the outdoors while using sun safety,” he said.

For more information about sun safety, visit the AAD’s website at www.aad.org.

ASSAULT

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cused on sexism and fraternization, and the military’s zero tolerance for all forms of sexual misconduct.

“We take each allegation [of sexual misconduct] very seriously, we ensure each allegation is fully investigated, and we ensure appropriate, full and fair consideration is given to all the evidence in each and every case,” said Navy Lt. Molly Denison, deputy staff judge advocate at WRNMMC.

For more information about sexu-

al assault prevention and response, the Victim Advocate Hotline can be reached at 301-442-8225. The Sexual Assault Response Coordinator (SARC) duty phone is 301-442-2053. The NSAB SARCs are Kimberly Agnew at 301-400-2411 or kimberly.agnew@med.navy.mil, and Michelle Herrera at 301-400-3366 or michelle.herrera@med.navy.mil. The WRNMMC SAPR Command point of contact is Maj. Michelle Mardock at 301-400-2708 or michelle.a.mardock.mil@health.mil. The WRNMMC SAPR Intranet is at <https://www.wrnmmc.intranet.capmed.mil/Programs/SAPR/default.aspx>. The SAPRO website is at www.sapr.mil.

HEALTHY

Continued from 8

cle mass would be different from someone who is 20 and exercises to maintain a healthy weight. In both categories a healthy, balanced diet is essential to a man’s health at any age. There are experts in food and nutrition and they advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.”

“My advice for men is awareness, because that’s where these issues come from,” said Jackson. “We are

trying to stir up awareness. Everybody that comes in will say I work out regularly or that I eat healthy, but do they really? Where are you in the grand scheme of things? Its summer time, are we going to get outside more? The biggest eye opener for people is this is your work season and how many people get injured or realize that they are out of shape because they haven’t done anything in a while. It’s mainly about catching it early instead of waiting to go to the doctor for them to say you don’t have healthy habits.”


For more information on men’s health issues visit www.cdc.gov, www.healthfinder.gov and www.nlm.nih.gov.

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